



Water Aerobics Instructors in Training, Rainier Beach Pool
May, 17 2003

Rainier Beach Pool

8825 Rainier Ave S
Seattle, WA 98118
206-386-1944

[Http://www.cityofseattle.net/parks/aquatics/rainierbeachpool..htm](http://www.cityofseattle.net/parks/aquatics/rainierbeachpool..htm)



SEATTLE PARKS
AND RECREATION

Mayor Gregory J. Nichols

Spring 2004 Lesson Information

Session	Program Dates	New Reg.	Classes	Price
I Mon/Wed	April 12 to May 12	April 5 After 11:30am	10	\$40.00
I Tues/Thurs**	April 13 to May 11	April 5 After 11:30am	9	\$36.00
II Mon/Wed*	May 17 to June 16	May 13 After 11:30am	9	\$36.00
II Tues/Thurs	May 18 to June 17	May 13 After 11:30am	10	\$40.00
Fri PM	April 16 to June 18	April 5 After 11:30am	10	\$40.00
Sat AM	April 17 to June 19	April 5 After 11:30am	10	\$40.00
Sun AM	April 18 to June 20	April 5 After 11:30am	10	\$40.00
*Pool closed on Monday, May 31—Memorial Day **No Classes on Thursday, May 13				

Class	M & W PM	Tu & Th PM	Friday	Saturday	Sunday
Tots 6 mos to 4 yrs		6:00-6:30pm		Noon-12:30pm	
Preschool (P) 4 yrs & 5 yrs Levels 1 to 4	4:00-4:30pm 5:00-5:30pm	5:00-5:30pm 6:00-6:30pm		10:00-10:30am 11:30-Noon	11:00-11:30am
Beginner Youth (Y) 6 yrs to 15yrs Levels 1 to 4	4:30-5:00pm	4:30-5:00pm 5:30-6:00pm 6:30-7:00pm	4:30-5:00pm 5:00-5:30pm	10:00-10:30pm 10:30-11:00am 11:00-11:30am 3:30-4:00pm 4:00-4:30pm	11:30-Noon Noon-12:30pm
Advanced Youth (A) 6yrs to 18yrs Levels 5 to 7	5:30-6:00pm	5:30-6:00pm		11:00-11:30am	Noon-12:30pm
Seniors/Adults 16 yrs and up		7:00-7:30pm		12:30-1:00pm	

RAINIER BEACH POOL

SPRING 2004 SCHEDULE

APRIL 5, 2004 TO JUNE 20, 2004

MON & WED

10:30 - 11:30am	Weight Training	4:00 - 6:00pm	Youth Lesson
11:30 - 1:30pm	Lap & Senior Swim	6:00 - 7:00pm	Public Swim
11:30 - 12:30pm	Stretch & Flex	7:00 - 8:30pm	Lap Swim
12:30 - 1:30pm	Water Aerobics	7:00 - 8:00pm	Water Aerobics
		7:00 - 8:00pm	Stroke Refinement (Weds only-\$3.75)

TUES & THURS

11:30 - 1:30pm	Lap & Senior Swim	6:30 - 7:30pm	Masters Workout (\$3.75)
11:45 - 12:30pm	Aqua Jogging		
3:30 - 4:30pm	Arthritis Water Ex	7:00 - 7:30pm	Adult Lesson
4:30 - 7:00pm	Youth Lessons	7:30 - 8:30pm	Water Aerobics
6:00 - 6:30pm	Tots Lessons	7:30 - 8:15pm	Hydro-Fit
6:00 - 8:30pm	Lap Swim (3 lanes)		

FRIDAY

10:30 - 11:30am	Weight Training	5:30 - 7:00pm	Public Swim
11:30 - 1:30pm	Lap & Senior Swim	5:30 - 8:00pm	Lap Swim (3 lanes)
11:30 - 12:30pm	Stretch & Flex	7:00 - 8:00pm	Water Aerobics
12:30 - 1:30pm	Water Aerobics		

SATURDAY

9:00 - 10:00am	Lap & Senior Swim	12:00 - 1:30pm	Lap Swim
9:00 - 10:00am	Water Aerobics	12:30 - 1:00pm	Adult Lessons
10:00 - 12:00pm	Youth Lessons	1:30 - 3:30pm	Public Swim
12:00 - 12:30pm	Tot Lessons	3:30 - 4:30pm	Youth Lessons

SUNDAY

11:00 - 12:30pm	Youth Lessons	1:30 - 2:30pm	Family Swim (\$1ea)
12:00 - 1:30pm	Lap & Senior Swim	2:30 - 4:30pm	Public Swim

SWIMMING LESSONS

REGISTRATION INFORMATION: Rainier Beach Pool gives priority to those currently in the swim lesson program if they wish to continue. Therefore, currently enrolled students will be allowed to preregister for classes. All others may register during open registration on a first-come, first-serve basis. **A minimum of four students is required for all youth swimming classes. Programs may be combined or canceled if minimum enrollment is not met. Payment is due at the time of Registration. Registration is not finished and a spot in the class can not be held without payment in full.**

TOTS: 6 MONTHS TO 4 YEARS: Parents accompany their children into the water and are shown how to teach the program's skills. Children are required to wear 'swim diapers' or plastic pants with tight fitting openings.

PRE-SCHOOL: 4 & 5 YEARS (LEVEL 1-4): Small classes create an ideal learning environment for pre-schoolers. Four levels from beginner to advanced.

BEGINNER YOUTH: 6-15 YEARS (LEVEL 1-4): The American Red Cross Progressive Swimming Program.

ADVANCED YOUTH: 6 TO 18 YEARS: Level 5-7 and Pre Comp.

SENIORS & ADULTS: 16 YEARS AND OLDER: Classes are arranged by ability. Beginners to advanced.

1 ON 1: Individual Lessons with an instructor. Set up as many or as few as you would like: **\$22.00** per 1/2 hour class. **1 ON 2 lessons: \$32.00** per 1/2 hour lesson

SPECIAL POPULATIONS: Please call 386-1944 for information.

AMERICAN RED CROSS LIFEGUARD TRAINING: **Course dates: April 14 to May 14, 2004.**

Course Fee: \$90.00. **Prerequisites:** must be 15 years of age and successfully complete the pre-test. Pre-registration required, see cashier for further information. Books are additional and should be purchases in advance from the Red Cross.

NORTHWEST LIFEGUARD TEST MODULE: **May 19, 2004.** Course Fee \$35.00. For lifeguards interested in taking the Northwest Lifeguard Test as a prerequisite for employment for various agencies included the Seattle Department of Parks and Recreation.

SWIM SEATTLE is a private non-profit, community based swim team, which works out at Rainier Beach Pool from 4:30 to 6:00 pm Monday through Thursday. Membership is available to swimmers ages 6 to 18 with a basic knowledge of Crawlstroke and Backstroke and can swim a length of the Pool.

For more information: **swimseattle.org** or call (206) 654-3415

REFUND POLICY: It is the policy of Seattle parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The pro-rated class fee plus a service charge of \$5.00 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

RECREATIONAL SWIMS

\$2.25 for Youth, Seniors, and Spec. Pops.

\$3.25 for Adults

(children under 1 year of age are free)

SCHEDULE AND PRICES SUBJECT TO CHANGE

PUBLIC SWIM

(Children shorter than 3'6" must be accompanied into the pool by an adult.)

Mon & Wed	6:00 - 7:00pm	Friday	5:30 - 7:00pm
Saturday	1:30 - 3:30pm	Sunday	2:30 - 4:30pm

FAMILY SWIM

(All children under 18 must be accompanied into the pool by a responsible adult.) **\$1.00 each** person Sunday 1:30 - 2:30pm

LAP SWIM

(Fast, Medium, and Easy lanes. Please keep right if there is more than two swimmers per lane.)

Tues & Thurs (3 lanes)	6:00 - 8:30pm	Friday (3 lanes)	5:30 - 8:00pm
Mon & Wed	7:00 - 8:30pm	(3 lanes from 7:00—8:00pm)	

LAP/SENIOR SWIM

(3 lanes for lap swimming. The Diving boards are closed during heavy use.)

Mon to Fri	11:30 - 1:30pm	Saturday	9:00 - 10:00am
Saturday	12:00 - 1:30pm	Sunday	12:00 - 1:30pm

RENT RAINIER BEACH POOL

Fri	8:30pm - midnight	Sat	5:00pm - midnight
Sun	8:00am - 11:00am & 5:00pm - midnight		

For more information, call 386-1944 during our operating hours. Please allow 2 weeks advance notice for all rental requests. Prices vary depending on the size of your group. Payment required to hold rental reservations.

GENERAL INFORMATION

Food and drinks, with the exception of water, are not allowed in the locker rooms or on the pool deck.

Please do not bring glass containers into the locker rooms or on the pool deck.

Thank you!

EXERCISE & FITNESS

\$3.75 for Adults and \$2.50 for Seniors/Youth/Special Populations

Prices Subject to Change

Water Aerobics

Mon/Wed/Fri 12:30pm - 1:30pm & 7:00pm - 8:00pm

Tu/Th 7:30pm - 8:30pm Sat 9:00 am -10:00am

Water routines designed to build strength and improve cardiovascular fitness. Students are encouraged to exercise at their own pace.

Stretch & Flex

Mon/Wed/Fri 11:30am - 12:30pm

Exercises for people who are unable to participate in conventional exercise programs. All activities take place in shallow water. Non-swimmers are welcome.

Deep water exercise

Hydro-Fit Tues & Thurs 7:30pm - 8:15pm

Aqua-Jogging Tues & Thurs 11:45am-12:30pm

Deep water exercise classes, which uses flotation equipment to create strength building resistance. Participants must be comfortable in deep water.

Arthritis Foundation Water Exercise Program

Tues/Thurs 3:30pm - 4:30pm

Program designed by the Arthritis Foundation for people with movement limitations. Rainier Beach Pool has three certified instructors on Staff. A doctor's release is required. Please check with our cashier for registration forms.

Masters Workout

Tuesday and Thursday 6:30pm-7:30pm

A fun and challenging workout lead by experienced coach. For competitive swimmers who want a group workout.

Stroke Refinement Class

Wednesdays 7:00pm-8:00pm

Class focuses on swimming techniques and skill drills rather than yardage.

Weights and Fitness (16 years old and older only)

Drop in use during pool operating hours \$2.00 or \$1.50 w/swim

A universal Centurion; Over 1000 lbs. of Free Weights; and more

Circuit Weight Training

Mon/Wed/Fri—10:30 to 11:30am Instructor led drop-in class.

Advance purchase of Fitness Card required. All ages and abilities welcome.

RAINIER BEACH POOL PRICES:

PRICES SUBJECT TO CHANGE

POOL USE FEES:

General Admissions (for Public and Lap Swims):

Youth, Seniors, Sp. Pops. \$2.25

Ages 19 and over \$3.25

Fitness Programs:

Adult Exercise Classes \$3.75

Senior Exercise Classes \$2.50

Drop in Weights \$2.00

Weights with Swim Admission \$1.50

Lockers \$0.25

Shower \$2.00

SWIM TICKETS:

Recreation Swim Card \$20.00

(for Public, Family, and Lap Swims)

Fitness Swim Card \$30.00

(for Water Fitness and Weight Training programs)

Adult Monthly Fast Pass \$45.00

Senior Monthly Fast Pass \$35.00

SUPPLIES:

Goggles \$5.00, \$7.00

Latex Caps \$4.00

Silicone Caps \$6.00

Wave Webs \$14.00

RAINIER BEACH POOL



8825 Rainier Avenue South
Seattle, WA 98118
386-1944, TDD only 233-7061

PROFESSIONAL STAFF:

Peter Brodtkin, Aquatic Center Coordinator
Montrel Jackson, Senior Lifeguard
Wendy Van DeSompele, Senior Lifeguard
Ofelia DeBernal, Pool Operator
Tony Mosby, Cashier

HOURS OF OPERATION :

Monday & Wednesday —11:30am to 8:30pm
Tuesday & Thursday—11:30am to 8:30pm
Friday —11:30am to 8:00pm
Saturday —9:00am to 4:30pm
Sunday —11:00am to 4:30pm

WINTER QUARTER PROGRAM DATES

April 5 to June 27, 2004

POOL CLOSURE DATES:

Memorial Day, May 31, 2004



Through the Pro Parks Levy, Seattle citizens voted to provide funding for one **FREE** session of swimming lessons per year for all **3rd and 4th** grade students who live in Seattle. This program is available to each child regardless of ability.

**For “Learn to Swim” information,
please call Rainier Beach Pool at 206-386-1944
Or visit the web
www.cityofseattle.net/parks/aquatics/learntoswim.htm**

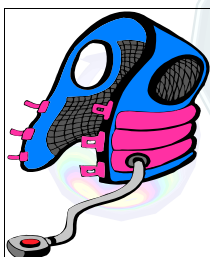
Swim Passes

<div><div><div>Fitness</div><div>Swim Card</div><div>\$30</div></div><div><div>\$33. Value</div><div>00000</div></div><div><div>01</div></div></div>
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April Pools Day 2004



April Pool's Day is an event where we offer water safety activities for all ages to participate. This year we will also offer a free showing of "Pixar's Finding Nemo"; projected on a big screen. Please come and join us. It will be a fun and memorable experience.



We will be raffling one free lifejacket. Participate to win.

Event: April Pools Day
Date: April 10, 2004
Time: 10:00am to 12:00pm
Price: free
Questions: (206)386-1944



Live Jazz Music

At Rainier Beach Pool

5:00 pm to 7:00 pm

Featuring Local Artists:

September 24, 2003 — Ellen Finn Trio
October 15, 2003 — Emerald City Jazz Ensemble
November 26, 2003 — Ellen Finn Trio
December 17, 2003 — Emerald City Jazz Ensemble
January 28, 2004 — Ellen Finn Trio
February 25, 2004 — Emerald City Jazz Ensemble
March 31, 2004 — Ellen Finn Trio
April 28, 2004 — Emerald City Jazz Ensemble
May 26, 2004 — Ellen Finn Trio
June 30, 2004 — Emerald City Jazz Ensemble



For more
information
please call
386-1944

Join us for some evenings of fun and live jazz music at Rainier Beach Pool!

From 6:00-7:00 pm everyone is invited to swim during our Public Swim and listen to the smooth jazz.



While enjoying the music come check out other wonderful programs Rainier Beach Community Center has to offer...

Such as, our Computer lab, Teen program, Little Busy Bees Sports and our Before and After School Programs!

Swim Admission Fee:

\$2.25 for youth and seniors

\$3.25 for Adults